



# GROUP WELLNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
<b>MORNING CLASSES / 6:00AM-12:00PM</b>						
6:00-7:00 Bootcamp (DeOnte) WS1	6:00-6:45 Cycling & Abs (Tamara) WS2	6:00-7:00 Cycling & Abs (Johnny) WS2		6:00-7:00 Bootcamp (DeOnte) WS1		
	7:00-8:00 Pilates (Deb) RS		7:00-8:00 Pilates (Deb) RS			
	8:00-9:00 Zumba@ (Emery) WS1 ↔		8:00-9:00 Zumba@ (Emery) WS1 ↔			
8:00-9:00 Cardio Strength (Andrea) WS1	8:15-9:15 Stretch (Deb) RS ↔	8:00-9:00 Cardio Strength (Johnny) WS1	8:15-9:15 Stretch (Deb) RS ↔	8:00-9:00 Cardio/Strength (Deborah) WS1	8:15-9:15 Cycling (Tom) WS2	
9:15-10:15 AOA (Andrea) WS1	9:30-10:30 Zumba Gold (Marina) WS2	9:15-10:15 AOA (Lindsey) WS1		9:15-10:15 AOA (Patricia/Deborah) WS1	8:30-9:30 Zumba@ (Aya) WS1 ↔	
9:30-10:30 Strength Training (Sofia) WS2 ☀️	9:30-11:00 Senior Hatha Yoga Flow (Jenni) RS	9:30-11:00 Advanced Yoga Practices (Jenni) RS	9:30-11:00 Senior Hatha Yoga Flow (Jenni) RS		8:30-9:30 Simple Flow Yoga (Ryan) RS	
9:30-11:00 Hatha Yoga (Jenni) RS	10:30-11:30 Classical Pilates Conditioning (Pam) WS1 ↔			9:30-10:15 Cycling (Lori) WS2	9:45-10:45 Step & Strength (Lynne R/ Laurel) WS1	
	10:45-11:45 AOA Cardio Circuit (Philomena) WS2			9:30-10:45 Restorative/ Gentle Yoga (Emily) RS	9:45-11:00 Level II Yoga (Ryan) RS	10:15-12:00 Med. Yoga (Jenni) WS1
10:30-11:30 Enhance Fitness (Deb) WS1		10:30-11:30 Enhance Fitness (Deb) WS1	10:30-11:30 Classical Pilates Conditioning (Pam) WS1	10:30-11:30 Enhance Fitness (Deb) WS1	10:30-12:30 Kids Ballet (S) WS2	12:15-1:15 Zumba@ (Aya) WS1 ↔
	12:00-1:00 Conditioning for Older Adults (Philomena) WS2	11:45-12:45 Yoga (Lisa) RS				
<b>AFTERNOON CLASSES / 12:00PM-5:00PM</b>						
12:00-1:00 Zumba@ (Cristina) WS1 ↔	1:00-2:00 Gentle Yoga (Bonnie) RS	12:00-1:00 Zumba@ (Cristina) WS1 ↔	1:00-2:00 Gentle Yoga (Bonnie) RS			
12:00-1:00 Ball & Foam Roller Yoga (Jenni) RS	4:00-5:00 Spec. Recreation (Ben) WS2		3:30-5:00 Advanced Yoga Practices (Jenni) RS			
<b>EVENING CLASSES / 5:00PM-10:00PM</b>						
5:45-6:45 Body Shop (Sofia) WS1 ☀️	5:15-6:30 Level II Yoga (Ryan) RS					
	5:30-6:30 Bootcamp (Keonna) WS2	5:30-7:00 Yoga for Beginners (Jenni) RS ↔	5:30-6:30 Strength Training (Wali) WS2	5:30-6:30 Zumba@ (Lynne) WS1 ↔		
5:30-7:00 Hatha Flow Yoga (Emily) RS	5:40-6:40 Karate Level 1 & 2 (S) (JKFNWW) GYM		5:40-6:40 Karate Level 1 & 2 (S) (JKFNWW) WS1	5:30-6:30 Fit Kids (Sean) WS2		
5:30-6:30 Cycling (Tom/Tara M) WS2 ↔	5:45-6:45 U-JAM@ (Cece) WS1 ☀️	5:45-6:45 Total Body Strength (DeOnte) WS1	6:45-7:45 Zumba@ (Lynne) WS1 ↔	5:30-7:00 Yin Yoga (Emily) RS		
	6:45-7:45 Cycling (Tara) WS2	6:00-7:00 Cycling (Russ/Tom) WS2	6:45-7:45 Hip-Hop Cycling (Keonna) WS2 ☀️			
	6:45-8:00 Yoga and Meditation (Ryan) RS		6:45-8:15 Hatha Flow Yoga (Emily) RS			
6:45-8:00 Fit Kids (Sean) WS2		6:45-8:00 Fit Kids (Sean) WS2	6:45-7:45 Fit Kids (Sean) GYM	6:45-7:45 Cardio Blast (Andrea) WS1		
7:00-8:00 Zumba@ (Leslie) WS1	7:00-8:00 H.I.I.T. (Briana) WS1	7:00-8:00 Zumba@ (Staff) WS1	8:30-9:30 Yoga (Wali) RS ☀️			
7:15-8:15 Restorative Yoga (Emily) RS		7:15-8:15 Women's Only Yoga (Jenni) RS				

## CLASS DESCRIPTIONS

### ACTIVE OLDER ADULTS (AOA)

This lively low impact workout combines fun movements to improve cardiovascular endurance with muscular strength and flexibility routines.

### AOA CARDIO CIRCUIT

Increase your cardiovascular and muscular endurance power with a standing circuit workout. Upper body strength work is alternated with non-impact aerobic choreography. A chair is offered for support, stretching and relaxation exercises.

### BODY SHOP

Body Shop provides a high-intensity full body workout that combines cardio and strength training. This circuit style class will work your entire body with little rest between exercises. Rotations between balls, steps, ropes and free weights included.

### BOOTCAMP

In this bootcamp style class experience high-intensity, full-body workouts that target the major muscle groups of the upper and lower body, specifically designed to make you sweat. From circuit-style routines that jump-start cardio fitness, to creative muscle-toning exercises using dumbbells, medicine balls, or even the participant's body weight, each class brings its own unique challenges.

### CARDIO STRENGTH

This high-energy class includes both strength training and aerobic exercise, and may use a step platform.

### CLASSICAL PILATES CONDITIONING

Dedicated to authentic teachings of Joseph H Pilates' method of exercise, class consists of circuit style mat work designed to develop core, improve muscular endurance, increase flexibility and enhance body awareness. Emphasis placed on proper form and precise movements resulting in body definition without bulk. Appropriate for all ages and fitness levels.

### CONDITIONING FOR ACTIVE OLDER ADULTS (AOA)

Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement, and activity for daily living skills. Hand-held weights, elastic tubing with handles, and a ball are offered for resistance,; and a chair is used for seated and/or standing support.

### CYCLING | HIP-HOP CYCLING

This high-energy class includes both strength training and aerobic exercise, and may use a step platform. Hip Hop Cycling adds a unique twist to traditional cycling by adding old school and new school hip hop melodies.

### HATHA FLOW YOGA | RESTORATIVE YOGA

Basic postures release tension and stress, promote flexibility, strength and restore peace of mind.

### H.I.I.T.

High-Intensity-Interval Training is an intense workout comprised of mostly bodyweight exercises and cardio. A total body workout that will get your heart rate up while sculpting lean muscles. This class is designed to help push your limits and leaving you feeling good.

### GROUP CYCLING

Simulating various terrains on a stationary bike this class is an amazing non-impact cardio workout. Please arrive 10 minutes prior to class starting so you have time to adjust your bicycles and warm-up. Instructors will be available to help.

### ENHANCE FITNESS

Sponsored by Group Health, Enhance Fitness is an exercise program for older adults designed to improve physical conditioning levels and to decrease the risk of falling. This class includes stretching, low-impact aerobics, balance training and strengthening.

### KARATE (\$)

Shaped by East Asian philosophical concepts, karate focuses on increasing physical fitness, building self confidence and respect for self and others. Registration required.

### LEVEL II YOGA

Designed to take students to intermediate level of yoga practices,. Learn advanced yoga postures and sequences that will require additional strength, stamina and flexibility.

### PILATES

Based on Joseph Pilates mat technique, this class is designed to increase core strength and flexibility plus align the mind and body. Series of movements are linked with the breath and performed from a sitting, reclining, or standing position and may include equipment such as stability balls, resistant bands, and weights.

MATT GRIFFIN YMCA

3595 S 188th Street

P 206.244.5880 F 206.244.5881 seattleyymca.org

### SENIOR FOAM ROLLER YOGA | INTERMEDIATE SENIOR YOGA | GENTLE YOGA

This most gentle and adaptable yoga class is suitable for new exercisers, seniors and those with physical challenges. Range of motion, relaxation, and breathing techniques are emphasized. This class can be done from a chair.

### SPECIALIZED RECREATION

Created to bring together kids and families with and without disabilities to participate in physical activity, the class emphasizes increasing participant skills, team building, and enjoying fitness. A weekly family class with a variety of formats.

### STEP & STRENGTH

Combining elements from fitness trends old and new, Step & Strength adds a challenging full-body workout. Step aerobics uses choreography performed on an adjustable step platform, while barre focuses on balance, muscular endurance, and coordination. Other props used may include weights, stability balls, and mats.

### STRENGTH TRAINING

This popular class attracts a wide range of exercises. Beginners and athletes alike enjoy this strength centered workout that uses an array of exercise equipment. Warm-up, strength and muscular endurance, core conditioning and a cool down are included.

### STRETCH

Reduce stress and create body harmony in this stretching class designed to stretch the entire body, including the lower back and core area. Mind and body stretching techniques designed to release tension, increase flexibility and stimulate circulation.

### TOTAL BODY STRENGTH

Total Body Strength provides a high-intensity full body workout. It's bootcamp that combines cardio and strength training. This circuit style class will work your entire body with little rest between exercises.

### U-JAM@

U-Jam Fitness is a high energy dance fitness class that takes dances from all over the world and mixes it with an urban, hip hop flavor. Great for beginners and beyond.

### WOMEN'S ONLY YOGA

This class creates a comfortable and nurturing environment for females. Offering movements and poses to various skill levels, this class encourages women of all ages and backgrounds to enjoy benefits of yoga.

### YOGA FOR BEGINNERS | YOGA INTERMEDIATE | ADVANCED YOGA PRACTICES

Yoga is an ancient practice that uses a combination of relaxation, breathing techniques and exercise to combat stress, help circulation and movement of the joints. It can be practiced by anyone to achieve greater health.

### YOGA CORE

In Yoga Core, you will be guided through a dynamic series of yoga poses and movements to strengthen, stretch and stabilize the core of your body, including abdominals, mid and lower back, upper thighs and glutes.

### YOGA & MEDITATION | YING YOGA

Combine your love for Yoga with meditation, the art of breathing, concentration, contemplation, visualizations and deep relaxation. Class may vary in meditative style allowing for all levels to establish a meditation practice. This class will help relieve stress, increase happiness and develop patience.

### ZUMBA@

Zumba is a Latin-inspired dance fitness class designed for everyone at any age, any background and any fitness level. No dance background required. Zumba Toning uses free weights to body sculpt while dancing to fun Zumba moves.

KEY	
	Good for Beginners
	New Class!

### ZUMBA GOLD@

Zumba Gold is a Latin-inspired dance fitness class designed for the active older adult population or the true beginner (reconditioned participant)

### Facility Hours

Monday-Friday 5am-10pm

### CONTACT INFORMATION

REENI NAIR, ASSISTANT DIRECTOR, HEALTHY LIVING

206 244 5880 or anair@seattleyymca.org

### Child Care Hours

Monday-Friday 9am-1:30pm ; 4pm-8pm

Saturday 8am-6pm

Saturday 8am-12:30pm

Sunday 10am-6pm

Everyone is welcome. The YMCA of Greater Seattle strengthens communities in King and south Snohomish counties through youth development, healthy living and social responsibility. Financial assistance is available.